

Helpful Procedures to Change Behaviors

Learning Concepts	Educational Procedures	Effects on Behavior	Examples of Positive or Aversion Events Presented or Removed
Positive reinforcement	Behavior is followed by a positive event	Increases the strength of the behavior	Smile, approval, affection, passing grade, recognition
Negative reinforcement	Behavior is followed by the removal of aversive event	Increases the strength of the behavior	Frown, criticism, poor grade, threat of restriction use, rejection, nonattention.
Punishment: Presentation of aversion event	Behavior is followed by aversive event	Decreases in strength of behavior which results in the aversive event	Criticism, poor grade, rejection by peers, threat of sent to office/detention
Punishment: Removal of positive events	Behavior is followed by temporary or permanent loss of positive events	Decrease in strength of behavior which results in loss of positive events	Smile, approval, affection, privilege, club membership, points on grade

Helpful Terms:

- **Positive reinforcement:** the behavior is followed by the presentation of a pleasant (or positive) event that makes the behavior more likely to recur.
- **Negative reinforcement:** the behavior is followed by the removal of an aversive event or condition.
- **Punishment:** is the presentation of an aversive event following a behavior.
- **Aversive event:** an unpleasant or punishing event or condition.

Note: From *Teaching Special Students in General Education Classrooms Fifth Edition* (p.123) by Lewis & Doorlag, 1999, New Jersey: Prentice-Hall Inc.